

Nontraditional health forum to include something for everyone

By BRIDGET EVARTS
THE CHRONICLE Staff Writer

The growing awareness of preventative medicine and treatment over the past decade or so has resulted in a dramatic increase in health fairs and educational seminars promoting wellness.

Usually these events are held to target a specific disease, such as heart disease, or alleviate a health need like plasma shortage. Rarely does one event cover such a broad spectrum of health concerns as will the Health Forum planned for Sept. 21 at the Aegis East facilities on 14th Street and New Walkertown Road.

Titled "A Day of Community Service and Public Victory," the forum is a joint effort between Aegis East (an affiliate of Baptist

Hospital), Temple Emanuel, Winston-Salem State University's department of nursing and the Urban League. The forum, which will run from 12:30 to 6 p.m., offers screening and education on everything from sickle cell anemia to depression to money management.

Agencies such as the AIDS Task Force, Family Services, the Bloodmobile and the Grief Counseling Center have volunteered their services for the forum.

"We hope to do this every year, and make it seriously impact the health of the community, not just a token event," said Georgette Somjen, a member of Temple Emanuel and part of the liaison committee. Temple Emanuel member James Moore provided the impetus for the health forum,

said Somjen, and the organizations involved helped with the rest.

The Forsyth County Dental Society will offer preventive education, and there will be hearing tests administered to anyone over age 5. Prostate, glaucoma and vision screening will also be offered, as well as osteoporosis preventative education.

An unusual addition to the forum is the Winston-Salem Bar Association. Lawyers will discuss legal matters such as bankruptcy, consumer rights and last wills and testaments with forum participants, and money management seminars will also be offered.

Such matters affect health more than is commonly acknowledged. "When you're talking about the health of an individual,

most just concentrate on disease," said Dr. Mufaro Dube, an obstetrician with Aegis East. "You need to look at the person's psyche as well."

Often, said Dube, patients complain of an ailment that is actually psychological instead of physical. And stress over money or conflict in one's personal life can even trigger diseases, such as hypertension.

"If someone is borderline for hypertension, that may be treated with diet and exercise. If you add stress on top of that, it may just tip them over until they require medication," Dube said.

Organizers will still cover disease prevention traditionally featured in health fairs: that of heart disease and cancer. The two still claim more lives in the African-

American and white communities than any other illnesses. And recruiting blood donors is of particular concern to the forum organizers.

"Our community has not carried its fair share of donating blood," said Dr. Charles Kennedy, a pediatrician with Aegis East. Organizers will also provide information on organ and bone marrow donation.

The forum will also feature a program on health careers. A number of professionals, from licensed nurse practitioners to cardiologists to physician assistants, will be available to discuss their careers with interested students and individuals.

Though African Americans make up 12.5 percent of the population, only 4 percent of the

nation's doctors are black.

"We are not represented, and the numbers are getting worse," said Kennedy. "We really need to get our children interested in the health professions, especially at an early age." Kennedy said that youngsters need to know that the years they invest in medical or nursing school will fulfill them professionally and reward them financially.

NOTICE OF ERROR

Luther Vandross & Vanessa Williams Greensboro Coliseum
Advertisement in today's paper should read "Tickets on Sale Now." We apologize for any inconvenience this may have caused.

What's New in Fashion

This time of the year a lot of clothing shoppers want to know the latest fashion trends for the upcoming fall season. This is an update on fashion trends. Remember to shop wisely and look for items that will be suitable for years to come. The newest influence in women's fashions comes from the street — Wall Street Classic, conservative, safe, serious, sane are just a few words commonly used to describe these looks, comments the Soap and Detergent Association.

The fabric market features a diversified portfolio. Menswear-toned tweeds, twills and plaids, stretch wool flannels, cashmeres, and felted woolens join high profile fabrics for some hot new partnerships. Think tweed sweaters with lace skirts, sequined tops with plaid mohair pants, flannel jackets with brocade pants.

Black is everyone's favorite color, with gray following a close second in tones ranging from banker's gray to silver dollar. Wine comes next, in every vintage from Burgundy to Bordeaux, port to claret. Camel and dollar bill green are host color currencies, too.

Suits in a mannish mode, including gray flannels and banker-strips, are a good investment with the pants versions outperforming the skirts. Trousers with wider cuts prevail. Interesting earring shapes and details include hip-riding man-pants and football lacing fronts. Pant lengths are longer, sometimes exposing only the tip of this season's hottest shoe, the pointed pump. Jackets feature concealed closures. Wrap jackets keep their close-to-the-body fit courtesy of narrow leather or self belts. Underneath these suites, turtle-necks and simple shirts fit the basic job requirements; but trendier solutions, such as sheer camisoles, bead-

ed chiffon blouses, delicate sweaters, netting T-shirts, open-work crochet tanks, and Lurex tops, are getting the fashion promotion.

Furs and fur trims have never been more prevalent. Both real and flux interpretations show up in full force as coats, jackets and wraps, as trim on coats, jackets and dresses, and in a dashing collection of accessories.

Other trends to watch include

gray with a color range that runs the gamut from pale pearl to deep charcoal. Chalk stripes and pin-stripes are getting the most attention, with hounds tooth and herringbones following close behind. Six-on-two double breasted suits join two- and three-button versions that have a close but comfortable fit, precision tailoring and a natural shoulder line. Trendier versions of these suits feature



Home Economics

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the black leather bomber jacket, beaded minimalist slip dresses and halters, hand-crocheted looks that resemble Afghans and potholders, hooded sweatshirts, oversized sweaters, side-slit skirts, strapless dresses for daytime, sleeping bag coats, curvy jumpsuits and fencing jackets. In the realm of menswear fashion, slim is no longer in. The tight, bright, physique-hugging looks that were trumpeted as fashion's future are losing favor to comfortable, classic styles that are rooted in fashion's past. Active wear's ubiquitous appeal is fading; in its place are derivatives of a more sedentary point of view. Chunky turtleneck sweaters and cardigans, oxford bag trousers, regimental-style suits and retro-patterned ties are key components of this sartorial revolution.

Fabrics have lost their artificial sheen. For Fall '97, they are natural, authentic and rustic. Think tweeds, homespun sweaters, down parkas, stone-washed twill, corduroy, chenille and shearing. On the suit circuit, America is going

stretch wool fabrics and boot-cut trousers.

When it comes to separates, functional fashion is the statement for fall. Wool bomber jackets, poly/cotton safari jackets. Nordic patterned sweaters and trousers in corduroy or khaki are favored looks. Cutting edge separates include full, cuffless trousers mated to a fitted shirt that's neatly tucked in to enhance the contrast. These shirts come in less-than-traditional fabrications, such as stretch wool, transparent wool, nylon or cotton and nylon blends. On the outerwear scene, short coats are news. Favored looks include trench coats, chester-fields and pea coats, all styled just like their traditional full-length counterparts but stopping above the knee. Snowboarding is having a strong influence on sportswear for the younger set. Nylon jackets and pants, with the appropriate abrasion-resisting details at seat, elbows and knees, often paired with polyester fleece sweaters, appeal to those who conquer mountains only in their dreams.

"Stuff the Locker" benefits needy school children

Building self-image for economically challenged school children is the goal for the new Stuff the Locker program being coordinated by Hanes Mall and the social workers with Winston-Salem/Forsyth County Schools.

A special kick-off "pep rally" for the program will occur Saturday, Sept. 6, at 2 p.m., featuring Mayor Martha Wood, cheerleaders from North Forsyth High School, as well as other local school board members and school officials.

In addressing the back-to-school needs of less fortunate children in the area, the Stuff the Locker program, running September 4-28, will help hundreds of area children and their families by developing a much-needed resource from which school social workers can draw as they attempt to meet individual needs. The "locker" created by donations from mall shoppers will

allow social workers to meet the needs of less-fortunate children on an ongoing basis throughout the year as needs arise.

Social workers are faced with meeting the needs of less fortunate children throughout the year, not able to predict what help children may need. In many cases, this program is the only assistance the children will receive, as they have "fallen through the cracks" of traditional public assistance programs. The needs are very basic, from socks and underwear to shoes and jeans.

The program is simple. Those wanting to help should visit the two Stuff the Locker displays at Hanes Mall Sept. 4-28 and select a card listing pertinent information about area children (Just look for the school locker!). Listed inside the card are specific needs for the locker.

The customer then collects merchandise that will fulfill those

specific needs and returns the donation to the display. School social workers will make sure the donations are distributed to the children in need. Only new clothing and school supplies will be accepted.

The displays are located on the lower level of Hanes Mall near Belk and near Dillard's. Ed Camp, Hanes Mall marketing director, described the purpose of the program by saying, "Basically, we want to remind our customers that the needs of these children last all year long, and not just at Christmas." "In many cases, the needs listed on the inside of the 'Stuff the Locker' donation cards are basic needs we all take for granted, such as shoes and jeans," added Lynne Berry a social worker coordinating the effort of the Winston-Salem/Forsyth County Schools.

For additional information, please call 765-8323.

Public Notice

Community Development Program

The Winston-Salem/Forsyth Housing Consortium has prepared its Consolidated Housing and Community Development Plan Annual Performance Report consisting of the Community Development Block Grant and the HOME Annual Performance Reports for FY 1996-97. Copies will be available for public review on or about September 12, 1997, at the following locations during regular business hours:

Housing/Neighborhood Development
City Plaza Building, Suite 300
225 West Fifth Street
Winston-Salem, NC 27101

Subsequent to HUD submission and approval, FINAL copies of this report will be available on or about October 31, 1997 at the following locations:

Housing/Neighborhood Development Department

Forsyth County Library Branches
Main Library — 660 West Fifth Street
East Winston-1110 East Seventh Street
Thruway - Thruway Shopping Center
Reynolds Manor - 2851 Fairlawn Drive
Southside - 3185 Buchanan Street

Black-Phillips - Smith Government Center
2301 North Patterson Avenue
City Secretary's Office
Room 114, City Hall

Persons requiring TDD services may call (910)727-8319. The City of Winston-Salem does not discriminate on the basis of race, sex, color, age, national origin, religion or disability in its employment opportunities, programs, services or activities.
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